

Jicama Slaw

Recipe by Chef Tre Wilcox

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Cooking Tip from Chef Tre: To add another flavor to this slaw I use jicama [HIK-ka-ma] instead of cabbage. In my kitchen we use a Japanese mandolin to cut the jicama. We also mix the olive oil and lime juice separately in a mixing bowl before dressing the slaw. You may want to try adding a bit of honey to the dressing to cut back the tartness.

Serving Size: 4

Preparation Time: 25 minutes

Ingredients

1 small jicama - peeled and julienned
½ carrot - peeled and julienned
1 small red onion - peeled and julienned
1 red bell pepper - julienned
1 tablespoon cilantro leaves (remove stems)
2 tablespoon olive oil
1 tablespoon lime juice
Salt to taste

For the jicama slaw

1) Combine jicama, carrot, red onion, bell pepper and cilantro in a mixing bowl. 2) Toss with olive oil, lime juice and season with salt. Serve right away.



Total Nutrition Facts (per serving)

Calories	92
Total Fat	7g
Saturated Fat	<1g
Cholesterol	0mg
Sodium	15mg
Total Carbohydrate	7g
Dietary Fiber	2.5g
Sugars	2g
Protein	<1g